

**DEBRA K. OF THE JOURNEY INTO WELLBEING PARTNERS
WITH FRONTIER NURSING UNIVERSITY
TO EDUCATE ON MIDWIFERY AS A HEALTH CARE OPTION.**



MARCH 6, 2014 - Delray Beach, FLA. and Lexington, KY. – Four million babies are estimated to be born this year*. With all of those bundles of joy coming into the world, there will certainly be a lot of moms and dads who have questions about methods of care and delivery. Through a series of video vignettes, Debra K., the Natural Health Explorer, partners with Frontier Nursing University, which has the longest continually-operating and largest midwifery program in the nation, to share education on this viable health care option.



**FRONTIER NURSING
UNIVERSITY**

Debra K's passion for educating on natural health and wellness options led her to feature Frontier Nursing University in the pilot episode of *The Journey into Wellbeing*, "I hold a special place in my heart for midwifery after learning the story of Mary Breckinridge who founded and ran Frontier Nursing University 75 years ago this year. Mrs. Breckinridge committed her life to helping the families of Eastern Kentucky and had great, positive impact on birthing outcomes. Personally, I didn't have the greatest birthing experiences with my own kids, and I want families to know that midwifery is a natural and professional option to consider."

Research from the 2013 study, "Recent Trends in Out-Of-Hospital Births" by the *Journal of Midwifery & Women's Health*, shows women are increasingly utilizing midwives for general healthcare as well as care during pregnancy and birth. Findings include:

- The percentage of Certified Nurse-Midwife/Certified Midwife-attended births has risen nearly every year since 1989 - the first year statistics were made available.
- In 2011, CNMs/CMs attended 7.6% of all hospital births, a 6% increase from 2005. The percentage of out-of-hospital births attended by CNMs also increased by 6%, from 28.6% in 2005 to 30.2% in 2011*. For those women looking at birthing options, nurse-midwives attend births in a variety of settings including hospitals, birth centers and homes.

"The growth in the field of midwifery is due, in great part, to the culture of collaboration nurse-midwives have with physicians, nurse practitioners and other healthcare providers to provide safe options for women," says Frontier Nursing's President Dr. Susan Stone. "Evidence-based practice, strong relationships, and family-centered care are the cornerstones of midwifery and are highlighted in these videos. We hope that viewing these stories will help to expand understanding of the practice of midwifery as well the many valuable choices that women have available throughout their lifetime."

The Journey into Wellbeing videos can be seen at <http://www.youtube.com/user/JourneyIntoWellbeing>. Topics include: midwifery, massage, nutrition, fitness, healthy recipes and other holistic health content.

About Frontier Nursing University - For 75 years, Frontier Nursing University, with its heart in the mountains of Eastern Kentucky, has educated nursing and midwifery leaders who have touched the lives of children and families across the nation and around the globe. Our master's and doctoral programs educate nurse-midwives and nurse practitioners in the primary care of women and families with an emphasis on rural and underserved populations. By utilizing distance-learning methods, FNU makes graduate-level education accessible to nurses in all areas, and ultimately fosters accessibility to quality healthcare by graduating advanced-practice providers to work in underserved communities. Learn more at www.frontier.edu.

About Debra K. - As the host of The Journey into Wellbeing, a television series currently airing on PBS, Debra K. visits new places to uncover the secrets to living a high-energy, vibrant life. Debra is also the Natural Health Explorer blogger for SpryLiving.com; author of the business book, "Success from the Start"; co-founder of iMassage, Inc. and a writer for *Palm Beach Woman*, MindBodyGreen.com and SheNow.com. More details on www.journeyintowellbeing.com, www.reciperedoblog.com, Twitter @DebrasJourney and on Facebook at The Journey into Wellbeing with Debra K.

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*Sources: Centers for Disease Control, www.Midwife.org